

THE PATH TO

POSITIVE THINKING



**POSITIVE THINKING MASTERY
FOR ACHIEVING GOALS AND OVERCOMING FEARS**

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Foreword

Our present mental attitudes are habits, assembled from the feedback of parents, acquaintances, society and self, that forms our self-image and our world-image.

These mental attitudes are maintained by the inner conversations we perpetually have with ourselves, both consciously and subconsciously.

The first step in altering our attitudes is to alter our interior conversations.